

**FIRST SESSION SUMMARY SHEET**

Client: ..... Therapist: ..... Session date: .....

<p>CLIENT DETAILS or family composition (genogram if appropriate)</p>	<p>Details of presenting complaint and any BRIEF salient background information</p>
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<p>How does the client hope this session will be helpful? What will be different that will show that this session was useful?</p>	<p>Indications of clients' STRENGTHS (How he/she is coping, existing successes, pre-session change)</p>
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<b>GOALS — How do they want things to be? The MIRACLE PICTURE</b> (RICH detail)	
Broad goal	Specific details – what will they be DOING? Specific differences.
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.....	.....
.....	.....
.....	.....
.....	.....
.....	.....

**EXCEPTIONS — Aspects of the miracle picture that are already happening.**

**SCALING QUESTIONS**

(Specify what 0 and 10 are)

What brought you to therapy	0 ---- 1 ---- 2 ---- 3 ---- 4 ---- 5 ---- 6 ---- 7 ---- 8 ---- 9 ---- 10	The day after the miracle
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What shows you are at x?	What will be happening when you get one step higher?
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	0 ---- 1 ---- 2 ---- 3 ---- 4 ---- 5 ---- 6 ---- 7 ---- 8 ---- 9 ---- 10	
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What shows you are at x?	What will be happening when you get one step higher?
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	0 ---- 1 ---- 2 ---- 3 ---- 4 ---- 5 ---- 6 ---- 7 ---- 8 ---- 9 ---- 10	
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What shows you are at x?	What will be happening when you get one step higher?
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**TASK:**

- Notice when you are one step higher on then scale     Pretend the miracle has happened (give details)     Other ...

NEXT APPOINTMENT:

COMMENTS ON PROCESS OF SESSION: